



# the Florida Chef Flavorful seasons

Florida Department of Agriculture and Consumer Services





## The Florida Chef: Flavorful Seasons

Cooking seasonally is not a new concept.

“The Florida Chef: Flavorful Seasons” captures the essence of the seasons through the delicious recipes which follow.

Who doesn’t have a favorite memory centered on food?

Every season evokes its own memories, and we invite you to create new memories with your loved ones by sharing in the bounty of Florida’s fresh fruits and vegetables, meats and seafood.

Whatever your favorites are, we hope that you enjoy the tips and delicious recipes found in the flavorful seasons... Fresh from Florida.

# Foreword

from the  
FLORIDA CHEF

**T**his cookbook is a collection of seasonal recipes using Florida agricultural products. Throughout the creative process, we wanted to keep the recipes as fresh and simple as possible. Many of these recipes are classics that have been updated to take advantage of Florida's growing seasons and availability. Have fun with them; gather friends and family and get them involved in the preparation.

As a chef, I use recipes as more of a guide rather than following them exactly because I believe that our own individual experiences and tastes make a dish unique. If a recipe calls for a particular ingredient that you don't have or just don't like, try substituting with a comparable ingredient. Add that extra hint of your favorite spice or use a favorite fruit or vegetable instead of what is written. These recipes are meant to be adapted to your lifestyle and taste preferences.

There is a recipe in this book for everyone, and for just about every occasion. It was meant to inspire you to seek out the very best harvest from each season so that it will assist you in preparing your food in a healthy manner, giving you fuel to accomplish all your goals.

***Executive Chef,***

*Florida Department of Agriculture and Consumer Services*

<b>Introduction .....</b>	<b>1</b>
<b>Foreword from the Florida Chef.....</b>	<b>2</b>
<b>Spring Treats.....</b>	<b>4</b>
Grapefruit Spritzer.....	5
Feta, Tomato and Caper Potato Salad .....	7
Bubbly Baked Eggplant Parmesan .....	9
Arugula Pesto.....	11
Savory Florida Zucchini Cakes.....	13
Rustic Florida Blueberry Cobbler .....	15
<b>Summer Days .....</b>	<b>16</b>
Citrus Dream Milkshake .....	17
Midsummer Melon Salsa .....	19
Florida Grouper and Roasted Vegetables.....	21
Firecracker Salad.....	23
Avo and Blue Crab Salad .....	25
Fruit Wine Sabayon Pound Cake.....	27
<b>Fall Favorites .....</b>	<b>28</b>
Warm Cinnamon-Orange Cider.....	29
Fall Harvest Chowder .....	31

Savory Pecan Stuffing .....	33
Florida Wildflower Honey Glazed Carrots .....	35
Crisp Autumn Salad .....	37
Colorful Squash and Tomato Gratin.....	39
Mucho Mango Bread Pudding and Rum Sauce .....	41
<b>Winter Warmers.....</b>	<b>42</b>
Pecan Egg Nog .....	43
Curried Florida Squash Bisque .....	45
Snowy Broccoli and Cauliflower Bake.....	47
Provençal Roasted Florida Tomatoe .....	49
Homemade Beef Stew .....	51
Sunshine Sweet Potatoes.....	53
Florida Strawberry Tiramisu.....	55
<b>Florida Wines and Pairing Suggestions .....</b>	<b>56</b>
<b>Index.....</b>	<b>58</b>

# Table of CONTENTS

# *Spring*

## T R E A T S

When winter's chill blossoms into spring,  
Florida farmers prepare for the next harvest.

Spring brings a time of renewal, and spending time  
with loved ones over wholesome meals allows us to  
share in this special time. Florida fruits and vegetables  
create delicious Spring Treats... ***Fresh from Florida.***





Yield 4 Servings

## Grapefruit Spritzer

1 1/2 cups Florida grapefruit juice

1/4 cup natural sugar

1 (2-inch) cinnamon stick

Ice cubes

2 (12-ounce) cans ginger ale, chilled

Your favorite Florida white wine, if desired

### Preparation

In a saucepan combine grapefruit juice, sugar and cinnamon. Bring to boil; reduce heat. Simmer uncovered for 5 minutes. Discard cinnamon, cool and cover mixture. To serve, fill 4 (8-ounce) glasses with ice.

Add about 1/3 cup grapefruit syrup to each glass. Fill glasses with ginger ale. Stir gently. If desired, garnish with Florida grapefruit peel curls, edible flowers and fresh mint sprigs. Add in your favorite Florida white wine, if desired.

### Nutritional Information:

One serving contains the following: Calories 221;  
Total Fat 1g; Cholesterol 0mg; Sodium 5mg;  
Total Carbohydrates 58g; Protein 1g.  
Good source of Vitamin C.

## Spring TREATS



TIP: Any juice can be used in this recipe; have fun experimenting with different ones.







Yield 6 Servings

## Feta, Tomato and Caper Potato Salad

1 1/2 pounds Florida potatoes, peeled or unpeeled

Kosher salt and freshly ground pepper to taste

1 pint Florida cherry tomatoes, halved

1 small Florida sweet onion, thinly sliced

1/3 cup black olives, pitted and halved (preferably kalamata olives)

2 tablespoons capers, drained

1/3 cup chopped fresh Florida basil

Pinch of crushed red pepper flakes for heat

1 tablespoon fresh Florida oregano, or 1 teaspoon dried oregano

1/4 cup olive oil

8 ounces feta cheese, crumbled

### Preparation

Place the potatoes in a pot, cover with cold water by at least an inch, add a good pinch of salt and bring to a boil. Reduce the heat to medium and cook until the potatoes are almost tender. Drain on a rack set in the sink and leave them there until cool enough to handle. Cut potatoes into 1/3-inch cubes. Drop them into a mixing bowl, separating the cubes as you go. Add the tomatoes, onion, olives, capers, basil, feta and red pepper flakes. Toss gently. Crumble the oregano over the top, pour in the oil and toss gently.

### Nutritional Information:

*One serving contains the following: Calories 299; Total Fat 18g; Cholesterol 34mg; Sodium 526mg; Total Carbohydrates 28g; Protein 9g. Good source of Vitamin C.*

## Spring TREATS



### Florida Wine Pairing Suggestions:

**Reserve Stover**  
Lakeridge Winery

TIP: To make a creamy potato salad, add 1/2 cup of low-fat mayonnaise or sour cream.

TIP: Instead of pitting olives yourself, buy them already pitted to save time.



Yield 4 to 6 Servings

## Bubbly Baked Eggplant Parmesan

2 large Florida eggplant

3/4 cup olive oil or enough nonstick olive oil spray to coat eggplant

2 cups homemade or store-bought tomato sauce

1 tablespoon chopped fresh Florida basil, or 1 teaspoon dried

1 tablespoon chopped fresh garlic, or 1 teaspoon garlic powder

1/4 cup grated Parmesan cheese

8 ounces low-fat mozzarella cheese, shredded

### Preparation

Peel eggplant (if desired) and cut crossways into 1/4-inch slices. Lightly fry on both sides in skillet using a nonstick pan and olive oil or nonstick spray until browned. Drain well on paper towels. Place a layer of eggplant slices in a shallow baking dish; cover with some tomato sauce, a sprinkling of basil and garlic, a little Parmesan cheese and a little of the mozzarella cheese. Repeat layers until all ingredients are used, ending with mozzarella cheese. Bake, uncovered, at 400° for 15 to 20 minutes until bubbly.

### Nutritional Information (based on 6 servings):

One serving contains the following: Calories 264; Total Fat 19g; Cholesterol 33mg; Sodium 667mg; Total Carbohydrates 15g; Protein 11g. High in Vitamin A, Vitamin C, Calcium and Protein.

## Spring TREATS



TIP: For a healthier version, season and bake the eggplant in the oven at 375° until lightly browned. Don't let the eggplant get too mushy.







Yield 8 Servings

## Arugula Pesto

2 cups packed Florida arugula leaves

1/2 cup Florida pecans

1/2 cup fresh Parmesan cheese

1/2 cup olive oil

6 cloves garlic

1 lemon, freshly squeezed

### Preparation

Lightly brown all the garlic cloves with a little olive oil in a skillet over medium high heat, about 10 minutes. Remove the garlic from the pan, cool and remove the skins. Dry roast the nuts in a pan with no oil over medium heat until lightly brown. Combine the arugula, pecans and cooked garlic into a food processor. Pour in the lemon juice and pulse while drizzling the olive oil into the processor. Remove the mixture from the processor and put into a bowl. Stir in the Parmesan cheese. Mix with freshly prepared pasta of your choice.

### Nutritional Information:

*One serving contains the following: Calories 20g; Cholesterol 5mg; Sodium 129mg; Total Carbohydrates 7g; Protein 5g. High in Vitamin A and Vitamin C.*

## Spring TREATS



TIP: This is a very versatile recipe. It can be used as a spread for sandwiches, in pasta dishes or as a veggie dip.

Freeze the leftover pesto in an ice cube tray and then put into a freezer bag for later use.



Yield 4 servings

## Savory Florida Zucchini Cakes

3 medium **Florida zucchini** or **yellow squash**, or combination, grated

1 cup **Florida carrots**, matchstick size

1 medium **Florida onion**, diced

1 tablespoon chopped fresh **Florida thyme**, or 1 teaspoon dried

2 tablespoons **olive oil**

3 cloves **garlic**, minced

2 large **Florida eggs**

1/2 cup **flour** or **fine bread crumbs**

**Kosher salt** and freshly **ground pepper** to taste

### Preparation

Remove the extra liquid out of the grated zucchini/squash by wrapping in a towel, twisting and squeezing. Heat half of the oil; add carrot and onion and fry for about 5 minutes. Add the garlic and zucchini and continue frying until liquid is mostly gone. Transfer to bowl and let cool. Mix in eggs, flour or bread crumbs, herbs and spices. Heat the rest of the oil, drop in small “pancakes” of the zucchini mixture, and fry until golden brown, about 7 minutes. Turn and fry another 4-5 minutes.

### Nutritional Information:

*One serving contains the following: Calories 233; Total Fat 10g; Cholesterol 105mg; Sodium 54mg; Total Carbohydrates 27g; Protein 12g. High in Vitamin A and Vitamin C.*

## Spring TREATS



TIP: Make a small batch of sour cream seasoned with salt and pepper to serve with the cakes.







Yield 4 to 6 Servings

## Rustic Florida Blueberry Cobbler

### For filling:

- 1 stick butter
- 1 teaspoon lemon juice
- 4 cups fresh Florida blueberries, rinsed and drained
- 1 cup natural sugar

### For topping:

- 1 cup self-rising flour
- 1 cup natural sugar
- 1 teaspoon natural vanilla extract
- 1/2 cup low-fat milk

### Preparation

Preheat oven to 375°. Place the butter in an 8-inch square glass baking dish (no substitutes) and melt in the microwave. In a mixing bowl, combine lemon juice and blueberries. Add the sugar and mix well. Add the blueberry mixture to the baking dish with the melted butter. Do not stir.

### Make topping:

Combine all of the topping ingredients in a small bowl. Pour this mixture over the blueberries and bake 45 minutes, or until brown. Serve with fresh whipped cream or vanilla ice cream.

### Nutritional Information for Filling (based on 6 servings):

One serving contains the following: Calories 317; Total Fat 16g; Cholesterol 41mg; Sodium 162mg; Total Carbohydrates 47g; Protein 1g.

### For Topping (based on 6 servings):

One serving contains the following: Calories 207; Total Fat 1g; Cholesterol 2mg; Sodium 13mg; Total Carbohydrates 48g; Protein 3g.

## Spring TREATS



### Florida Wine Pairing Suggestions:

**Sea Breeze Port**  
Sea Breeze Winery

**Blueberry Wine**  
Dakotah Winery

TIP: Put cobbler baking dish on top of a foil lined cookie sheet to catch any spillover during baking.

# Summer DAYS

The arrival of summer in Florida brings longer days, vacations and more time spent outdoors. Friends and families gather while enjoying the delicious smells of barbeques wafting through the neighborhood.

Florida fruits and vegetables play a special role in making meals memorable. Enjoy the bounty found in

Summer Days... ***Fresh from Florida.***



Yield 4 Servings

## Citrus Dream Milkshake

1/2 ounce natural sugar

4 ounces Florida grapefruit juice

4 ounces Florida orange juice

2 drops natural vanilla extract

4 ounces low-fat milk

### Preparation

Pour the orange juice, grapefruit juice, milk, sugar and vanilla extract into a blender with 2 ounces (approximately 4 cups) of ice. Blend until smooth. Pour into a glass, add a straw and serve. Garnish with sliced fruit.

### Nutritional Information:

One serving contains the following: Calories 53;  
Total Fat 1g; Cholesterol 2mg; Sodium 17mg;  
Total Carbohydrates 11g; Protein 1g.

Summer  
DAYS



TIP: Add your  
favorite spirit to  
make this an adult  
summertime treat!





Yield 6 Servings

## Midsummer Melon Salsa

3 cups Florida watermelon (seedless if available), diced  
1/2 cup Florida green (or your favorite color) bell pepper, diced  
2 tablespoons freshly squeezed lime juice  
1 tablespoon chopped Florida cilantro  
1 tablespoon chopped green onion  
1 tablespoon finely chopped jalapeño  
Kosher salt and freshly ground pepper to taste

### Preparation

Combine all ingredients. Cover and refrigerate 1 hour to let all of the flavors come together.

### Nutritional Information:

*One serving contains the following: Calories 320; Total Fat 4g; Cholesterol 0mg; Sodium 163mg; Total Carbohydrates 73g; Protein 6g. Good source of Vitamin C.*

Summer  
DAYS



TIP: This light summer style salsa is a great way to liven up fresh Florida seafood. Use this salsa recipe as a template to make any kind of salsa; just replace the melon with your favorite fruit or veggie.



Yield 2 servings

## Florida Grouper and Roasted Vegetables

1 large Florida grouper fillet (approximately 1 pound)

3 tablespoons olive oil

1 small Florida zucchini, chopped into thin rounds

1 Florida carrot, chopped into small rounds

1/2 of red Florida pepper, chopped

1/2 of yellow Florida pepper, chopped

1 medium Florida onion, chopped

8 Florida cherry tomatoes, quartered

1 tablespoon ketchup

1 1/2 cups tomato juice

1 tablespoon brown or natural sugar

1 lemon, freshly squeezed

Freshly ground pepper

1 teaspoon dried oregano

3/4 teaspoon dried sweet basil

1 teaspoon kosher salt

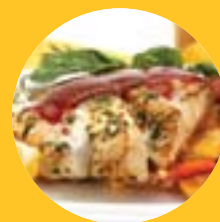
### Preparation

Preheat oven to 350°. Place the cleaned fish in the middle of a baking pan. Spread 1 tablespoon of olive oil on fish, making sure to cover both sides. Squeeze the lemon on both sides of the fish and sprinkle with the cracked black pepper. Sauté the chopped vegetables in the remaining olive oil just enough to soften a little and set aside. In a small cup, mix the oregano, basil and salt, and spread on both sides of the fish. Pour the sautéed vegetables over the fish. In a bowl, mix the sugar, ketchup and tomato juice and pour over the fish. Cover and place in the oven until it is done all the way; the flesh should be soft and flaky. Do not overcook. A general rule for cooking fish is 10 minutes per inch of thickness.

### Nutritional Information:

One serving contains the following: Calories 694; Total Fat 33g; Cholesterol 73mg; Sodium 1755mg; Total Carbohydrates 68g; Protein 52g. High in Vitamin A and Vitamin C.

## Summer DAYS



**Florida Wine  
Pairing Suggestions:**  
**Semi-Dry Blueberry**  
Keel and Curley Winery

TIP: This is a great all-in-one healthy meal. Make sure not to overcook your fish. Almost any kind of fish can be used in this recipe if grouper isn't your first choice.







Yield 4 Servings

## Firecracker Salad

2 tablespoons fresh lime juice

1 small jalapeño, seeded and coarsely chopped

1 1/2 teaspoons Florida honey

1/4 teaspoon cumin

1/4 cup vegetable oil

Kosher salt and freshly ground pepper to taste

4 cups fresh Florida corn kernels (from 4 ears)

6 medium Florida radishes, halved and thinly sliced crosswise

1/2 cup coarsely chopped Florida flat-leaf parsley

1/4 small red onion, thinly sliced

### Preparation

To make the dressing, purée the lime juice, jalapeño, honey and cumin in a blender. With the machine on, add the oil. Season with salt and pepper to taste; set aside. In a large bowl, toss the corn with the radishes, parsley, red onion and dressing. Season the salad with salt and pepper, transfer to plates and serve.

### Nutritional Information:

*One serving contains the following: Calories 231; Total Fat 14g; Cholesterol 0mg; Sodium 126mg; Total Carbohydrates 28g; Protein 4g. Cholesterol Free, High in Vitamin C.*

Summer  
DAYS



TIP: For that nice roasted taste, lightly season and oil the whole corn cobs, roast in a 375° oven until lightly browned. When cool, slice the corn off the cob and add to the salad.



Yield 2 Servings

## Avo and Blue Crab Salad

1/3 cup finely chopped red onion

3 tablespoons light mayonnaise

2 tablespoons finely chopped fresh Florida cilantro

3 teaspoons freshly squeezed lime juice

1/2 teaspoon ground cumin

1/2 teaspoon lime zest

8 ounces Florida jumbo lump blue crabmeat, picked over for shells

1 large ripe Florida avocado, halved, pitted and peeled

Kosher salt and freshly ground pepper to taste

### Preparation

Mix together red onion, mayonnaise, cilantro, 2 teaspoons lime juice, cumin and lime zest in medium sized mixing bowl. Gently mix in crabmeat. Season the crab salad with salt and pepper. Drizzle the avocado halves with remaining 1 teaspoon lime juice to prevent discoloration and season well with salt and pepper. Arrange avocado halves cut side up on plates. Fill tops of avocado with crab salad. Garnish salad with lime wedges.

### Nutritional Information:

*One serving contains the following: Calories 324; Total Fat 17g; Cholesterol 106mg; Sodium 532mg; Total Carbohydrates 18g; Protein 26g.*

## Summer DAYS



### Florida Wine Pairing Suggestions:

**Magnolia**  
Monticello Vineyards  
and Winery

TIP: This recipe will work with shrimp or chicken in place of the crab.

Make sure to use a ripe avocado or it will be very hard to remove the skin.







Yield 6 Servings

## Fruit Wine Sabayon Pound Cake

1/4 cup packed light brown sugar

1/4 cup water

4 large Florida egg yolks

2 tablespoons sweet Florida fruit wine

1/2 cup chilled whipping cream

24 ounces of your favorite Florida berries, rinsed and patted dry

2 tablespoons natural sugar

1 bunch fresh Florida mint

1 16-ounce (preferably homemade) pound cake loaf

### Preparation

Combine brown sugar, water, egg yolks and 1 tablespoon of fruit wine in medium stainless steel bowl. Place bowl over medium sized pot of simmering water (bowl should not be in contact with water.) Whisk until mixture triples in volume and kitchen thermometer registers 160° (about 4 minutes.) Place bowl inside a larger bowl that has been filled with ice and water; whisk sabayon lightly until completely cool.

Whip cream in another medium steel bowl until soft peaks start to form. Slowly add sabayon to the whipped cream and fold together. Cover and refrigerate.

Purée 3/4 cup berries with 2 tablespoons sugar and remaining 1 tablespoon fruit wine in food processor. Pour purée into large bowl and stir in remaining whole berries until well-coated.

Cut and arrange 3 thin triangle-shaped cake slices on a plate. Spoon berry mixture over cake. Top with sabayon and fresh mint leaf.

### Nutritional Information:

*One serving contains the following: Calories 361; Total Fat 19g; Cholesterol 188mg; Sodium 133mg; Total Carbohydrates 44g; Protein 5g. High in Vitamin C.*

## Summer DAYS



**Florida Wine  
Pairing Suggestions:**

**Log Cabin White**  
Log Cabin Winery

TIP: The name sounds difficult but it is very simple to make, as well as light and refreshing.

If you don't have Florida wine, you can substitute any kind of fruit purée, jam or preserves.

# Fall FAVORITES

As summer fades into fall, the crispness in the air announces the arrival of a bounty of Florida vegetable and fruit crops. These delicious commodities enhance dining experiences, from formal to casual, from Thanksgiving to harvest parties. Whatever the occasion, enjoy these

Fall Favorites... ***Fresh from Florida.***



Yield 8 servings

## Warm Cinnamon-Orange Cider

32 ounces apple cider

2 cups Florida orange juice

2 whole cinnamon sticks

4 pieces whole allspice

2 tablespoons Florida honey

### Preparation

Heat apple cider, orange juice, cinnamon sticks and allspice to boiling; reduce heat. Cover and simmer 5 minutes. Remove allspice and cinnamon sticks. Stir in honey and serve warm.

### Nutritional Information:

*One serving contains the following: Calories 41; Total Fat 0g; Cholesterol 0mg; Sodium 1mg; Total Carbohydrates 10g; Protein 1g. Good source of Vitamin C.*



Fall  
FAVORITES



TIP: This is a healthy way to warm up on a cold day – you can also add your favorite spirit.





Yield 4 Servings

## Fall Harvest Chowder

- 1 teaspoon olive oil
- 2 teaspoons cooking sherry (or white wine)
- 1 cup chopped Florida onion
- 1 1/2 tablespoons chopped fresh garlic
- 1 cup sliced Florida carrots
- 2 stalks Florida celery, sliced
- 2 cups cubed Florida potatoes
- 1 tablespoon chopped fresh Florida thyme, or 1 teaspoon dried
- 1 tablespoon chopped fresh Florida marjoram, or 1 teaspoon dried
- 1 tablespoon chopped fresh Florida rosemary, or 1 teaspoon dried
- 1 bay leaf
- 2 cups low-sodium vegetable broth
- 1 cup fresh Florida corn kernels
- Cayenne to taste
- Kosher salt and freshly ground pepper to taste
- 1 bunch green onion, sliced small

### Preparation

Heat oil in large heavy saucepan. Add onion and sauté 5 minutes. Add garlic, carrots, corn, celery, bay leaf, sherry, potatoes, herbs and vegetable broth. Cover, bring to boil and cook over medium heat for 10-15 minutes, or until potatoes are tender. Simmer for 3 more minutes or until corn is tender. Discard bay leaf. Purée 1 cup soup in blender and return to pot. Season with cayenne, salt and pepper. Garnish with sliced green onion.

### Nutritional Information:

One serving contains the following: Calories 269; Total Fat 3g; Cholesterol 0mg; Sodium 82mg; Total Carbohydrates 59g; Protein 8g. Good source of Vitamin A and Vitamin C.

Fall  
FAVORITES



TIP: Add shredded chicken to turn this recipe into a complete meal. Also try garnishing with sour cream seasoned with salt and pepper.



Yield 10 Servings

## Savory Pecan Stuffing

- 1/2 pound Florida spicy or sage breakfast-style ground sausage
- 1 cup chopped Florida onion
- 1 tablespoon chopped garlic
- 1 tablespoon chopped fresh Florida rosemary, or 1 teaspoon dried
- 1 tablespoon chopped fresh Florida thyme, or 1 teaspoon dried
- 2 tablespoons chopped fresh Florida sage, or 2 teaspoons dried
- 1/4 cup butter
- 1 cup chopped Florida celery
- 1 cup chopped Florida pecans
- 1/2 cup golden raisins
- 1 loaf of bread cut into cubes, or cornbread equivalent
- 2 cups low-sodium chicken broth

### Preparation

Cook sausage and onion together until sausage is completely done. Drain well and set aside. Melt butter in a large skillet, and cook celery and garlic until tender. In large bowl add remaining ingredients, adding sausage and onions last. Mix together well and pour into a large baking dish. Bake at 350° for about 45 minutes.

### Nutritional Information:

One serving contains the following: Calories 629; Total Fat 23g; Cholesterol 17mg; Sodium 1032mg; Total Carbohydrates 90g; Protein 20g. Good source of Iron and Calcium.

## Fall FAVORITES



**Florida Wine  
Pairing Suggestions:**  
**Semi-Dry Blueberry**  
Keel and Curley Winery

TIP: Add 3 large beaten Florida eggs before baking and then cut out squares of stuffing after baking to avoid crumbling.







Yield 6 to 8 Servings

## Florida Wildflower Honey Glazed Carrots

1 tablespoon **butter**

1 **leek**, white part only, halved, sliced small and washed thoroughly

1 pound **Florida carrots**, sliced

1 cup **Florida orange juice**

1/4 cup **Florida wildflower honey**

1 **cinnamon stick**

2 teaspoons chopped fresh **Florida mint**

Freshly squeezed **lemon juice** from 2 small lemons

1/4 teaspoon **kosher salt**

### Preparation

Melt butter in a medium saucepan over medium-high heat. Add leek and cook 2 minutes or until lightly browned. Reduce heat to medium. Add carrots and cook 2 minutes or until lightly browned. Add remaining ingredients and bring to a boil. Reduce heat to low, cover and simmer 15 minutes or until carrots are soft. Discard cinnamon stick before serving.

### Nutritional Information (based on 8 servings):

*One serving contains the following: Calories 114; Total Fat 1g; Cholesterol 2mg; Sodium 111mg; Total Carbohydrates 27g; Protein 2g. Good source of Vitamin A.*

**Fall**  
FAVORITES



**Florida Wine  
Pairing Suggestions:**

**Wild Honey Flower**  
Chautauqua Vineyards  
and Winery

TIP: If you can't  
find leeks,  
you can substitute  
sliced onion.



Yield 8 servings

## Crisp Autumn Salad

1 large **Florida cucumber**, peeled, seeded and cut into 1/4-inch diced pieces

2 large **Florida tomatoes**, diced

2 medium **red Florida bell peppers**, diced small

1 cup **Florida red cabbage**, finely shredded

2 bunches **green onions**, finely chopped

1/2 cup **Florida radish**, finely diced

1 medium **half-sour pickle**, finely diced, or 1/3 cup chopped **green olives**

3 tablespoons **olive oil**

Fresh squeezed **juice of 1/2 to 1 lemon**, or to taste

**Kosher salt** and freshly **ground pepper** to taste

### Preparation

Combine all the vegetables and pickles or olives in a salad bowl. Use enough olive oil to moisten the vegetables and add lemon juice to taste. Season with salt and pepper, then toss.

### Nutritional Information:

*One serving contains the following: Calories 102; Total Fat 6g; Cholesterol 0mg; Sodium 379mg; Total Carbohydrates 13g; Protein 2g. Good source of Vitamin A and Vitamin C.*

**Fall**  
FAVORITES



TIP: Feel free to substitute or add any of your favorite vegetables to this hearty chopped salad.







Yield 6 Servings

## Colorful Squash and Tomato Gratin

2 cloves **garlic**, chopped

2 **shallots**, chopped

1 tablespoon chopped fresh **Florida basil**, or 1 teaspoon dried

1/2 teaspoon **kosher salt**, or to taste

1/2 teaspoon freshly **ground black pepper**, or to taste

2 medium **Florida yellow squash**, thinly sliced lengthwise

2 medium **Florida zucchini**, thinly sliced lengthwise

3 medium **Florida tomatoes**, thinly sliced lengthwise

2 tablespoons fresh grated **Parmesan cheese**

1/4 cup dry **bread crumbs**

**Olive oil** for drizzling

### Preparation

Preheat oven to 400°. Lightly oil an 8-inch square baking dish. Evenly spread the garlic, shallots and basil in the bottom of the prepared dish. Season with salt and pepper. Angle the yellow squash, zucchini and tomatoes in upright alternating layers (like shingles on a roof), repeating until all the vegetables are used in the casserole. Sprinkle the top with the cheese, then the bread crumbs. Drizzle lightly with olive oil.

Bake for 20 to 25 minutes, until the vegetables are tender. Let stand for 5 minutes before serving.

### Nutritional Information:

*One serving contains the following: Calories 95; Total Fat 2g; Cholesterol 2mg; Sodium 266mg; Total Carbohydrates 18g; Protein 6g. Good source of Vitamin A and Vitamin C.*

**Fall**  
FAVORITES



TIP: Use a serrated knife to slice the vegetables all at one time.

Make sure to stack the vegetables tightly in dish so they can be served easily.



Yield 8 Servings

## Mucho Mango Bread Pudding

6 slices of your favorite **bread** or **pound cake**, torn into small pieces

2 **Florida mangoes**, peeled, seeded and diced into medium-sized pieces

1/4 cup **natural sugar**

3 **Florida eggs**, lightly beaten

2 cups **low-fat milk**

1 1/2 teaspoons natural **vanilla extract**

1 1/2 teaspoons **ground cardamom**

2 tablespoons **butter**

### Preparation

Preheat the oven to 350°. Lightly butter a 9x11-inch glass baking dish.

Toss together the pieces of bread and mango; pour into buttered baking dish. In a medium bowl, whisk together the sugar, eggs, milk, vanilla and cardamom. Pour over the bread and mango mixture. Place small dollops of butter on top of the pudding (approximately 1/4 stick of butter total.)

Bake for 45 to 50 minutes in the preheated oven, or until slightly puffed and golden brown. Serve warm with ice cream and fresh, sliced mangoes. Drizzle Rum Sauce over the top.

### Nutritional Information for Pudding without toppings:

*One serving contains the following: Calories 194; Total Fat 7g; Cholesterol 92mg; Sodium 198mg; Total Carbohydrates 28g; Protein 7g. Good source of Vitamin A.*

## Rum Sauce

2 tablespoons **butter**

1 tablespoon **cornstarch**

1/2 cup **natural sugar**

1 cup **low-fat milk**

3 tablespoons **rum**

### Preparation

Melt butter in a small saucepan over medium heat. Mix together the sugar and cornstarch; stir into the melted butter. Slowly pour in milk, stirring frequently until the mixture begins to lightly boil. Continue cooking until thick, stirring constantly. Remove from heat and stir in rum. Serve warm.

### Nutritional Information:

*One serving contains the following: Calories 95; Total Fat 3g; Cholesterol 10mg; Sodium 47mg; Protein 1g; Total Carbohydrates 15g.*

## Fall FAVORITES



### Florida Wine Pairing Suggestions:

**Mango Mamma**  
Florida Orange Groves  
and Winery

**Vintner's White**  
San Sebastian Winery

TIP: You can use any kind of sweet bread, cake or doughnuts to make the pudding. Any fruit can be used as well.

# winter

## W A R M E R S

Winter weather in Florida is unpredictable, but the availability of fruits and vegetables from Florida is predictably wonderful. As the Winter Salad Bowl, Florida is the source of most of the fresh produce in the country during this season. Families and friends gather for holidays and parties, experiences that are enhanced by these Winter Warmers... ***Fresh from Florida.***







**Yield 6 Servings**

## Pecan Egg Nog

4 Florida egg yolks

6 cups milk

1/2 cup natural sugar

1/2 cup whole Florida pecans

Rum, if desired

### Preparation

Soak the pecans in just enough milk to cover, then blend until smooth. Bring remaining milk to a boil. Add sugar and pecan mixture, stir until thickened, and remove from heat. Whip egg yolks and while stirring, slowly add the eggs to the milk mixture. Once thickened, chill and serve. If desired, add rum.

### Nutritional Information:

*One serving contains the following: Calories 416; Total Fat 27g; Cholesterol 518mg; Sodium 128mg; Total Carbohydrates 30g; Protein 15g. Good source of Calcium.*

TIP: Add a pinch of cinnamon or nutmeg to spice it up. For a thicker consistency, double the amount of eggs.



Yield 6 servings

## Curried Florida Squash Bisque

2 tablespoons unsalted butter

1 large Florida onion, coarsely chopped

1 tablespoon finely chopped garlic

1 tablespoon curry powder

2 pounds Florida yellow squash or zucchini (or a combination of both), cut into 1-inch rounds

3 cups low-sodium vegetable broth

1 1/2 cups low-fat buttermilk

1 cup low-fat half-and-half

Kosher salt and freshly ground pepper to taste

1/4 cup finely chopped Florida cilantro

### Preparation

Melt butter in a large saucepan. Stir in the onion and garlic. Cover and cook over low heat, stirring occasionally, until softened, about 15 minutes. Add the curry powder and stir over moderate heat for 1 minute. Stir in squash, add vegetable broth and simmer over moderate heat until the squash is soft, about 25 minutes.

Purée the soup in batches in a blender or food processor. Pour soup into a clean saucepan and stir in the buttermilk and half-and-half. Adjust seasoning with salt and pepper and simmer slowly until heated through. Serve in shallow bowls and garnish with the cilantro.

### Nutritional Information:

*One serving contains the following: Calories 99; Total Fat 4g; Cholesterol 10mg; Sodium 46mg; Total Carbohydrates 15g; Protein 3g. Good source of Vitamin A.*

## winter WARMERS



### Florida Wine Pairing Suggestions:

**Wild Honey Flower**  
Chautauqua Vineyards  
and Winery

TIP: Add a dollop of sour cream seasoned with salt and pepper to the top of each bowl for garnish. Toasted bread with some goat cheese on top is a great addition as well.







Yield 6 Servings

## Snowy Broccoli and Cauliflower Bake

2 cups water

1/2 teaspoon kosher salt

1 pound Florida broccoli florets

1 pound Florida cauliflower florets

1 tablespoon chopped fresh Florida rosemary, or 1 teaspoon dried

1 tablespoon chopped fresh Florida thyme, or 1 teaspoon dried

Low-fat milk

5 tablespoons butter

4 tablespoons unbleached flour

Kosher salt and freshly ground pepper to taste

Small dash of ground nutmeg

2 tablespoons fine dry bread crumbs

2 tablespoons grated Parmesan cheese

1/8 teaspoon paprika

### Preparation

In a large saucepan, bring water and salt to a boil. Add broccoli and cauliflower; cook just until slightly tender yet crisp. Drain broccoli and cauliflower, removing as much water as possible. Set liquid to side. Add milk to the vegetable liquid to measure a total of 2 1/2 cups. Pour vegetables into a shallow 2-quart baking dish. Melt 3 tablespoons of butter in the saucepan over medium heat. Blend in the flour, stirring until smooth and bubbly. Gradually stir in milk mixture. Cook, stirring constantly, until thickened and smooth. Season with the salt, pepper, herbs and nutmeg. Pour sauce over broccoli and cauliflower. Dot with remaining 2 tablespoons of butter. Combine bread crumbs, Parmesan cheese and paprika; sprinkle over vegetables. Bake at 450° for about 20 minutes, until casserole is bubbly.

### Nutritional Information:

*One serving contains the following: Calories 165; Cholesterol 27mg; Sodium 346mg; Total Carbohydrates 14g; Protein 6g. Good source of Vitamin C.*

winter  
WARMERS



**Florida Wine  
Pairing Suggestions:**  
**Blanc Du Bois Reserve**  
Strong Tower Vineyard  
and Winery

TIP: Add 1/2 pound  
of your favorite cheese  
to the milk mixture  
to make it  
extra cheesy.



Yield 4 Servings

## Provençal Roasted Florida Tomatoes

4 large ripe Florida tomatoes, sliced 1/4-inch thick

1/8 cup grated Romano cheese

1/2 cup fresh breadcrumbs

1 garlic clove, minced

2 sprigs fresh Florida parsley, chopped

Kosher salt and freshly ground pepper to taste

1/2 teaspoon dried oregano

Olive oil or nonstick olive oil spray

### Preparation

Preheat oven to 400°. Coat a shallow baking dish with cooking spray or olive oil. Place tomato slices close together in prepared baking dish. Sprinkle with cheese, bread crumbs, garlic, parsley, salt, pepper and oregano. Drizzle lightly with olive oil or spray with nonstick olive oil spray. Bake for 20 minutes in preheated oven, or until top is lightly toasted.

### Nutritional Information:

*One serving contains the following: Calories 110; Total Fat 2g; Cholesterol 2mg; Sodium 180mg; Total Carbohydrates 17g; Protein 4g. Good source of Vitamin C.*

winter  
WARMERS



Florida Wine  
Pairing Suggestions:

Eden Stars  
Eden Winery

TIP: This is a perfect recipe for those tomatoes that are not quite ripe enough to eat raw. Use your best olive oil with this recipe.





Yield 4 Servings

## Homemade Beef Stew

2 pounds [beef stew meat](#), cut into 1 1/2-inch cubes and patted dry

2 tablespoons [whole-wheat flour](#)

[Kosher salt](#) and freshly [ground pepper](#) to taste

3 tablespoons [olive oil](#), divided

4 cups [low-sodium vegetable broth](#)

1 medium [Florida onion](#), chopped

2 medium [Florida tomatoes](#), diced

1 tablespoon fresh [Florida thyme leaves](#), or 2 teaspoons dried

6 [Florida carrots](#), peeled, halved lengthwise, cut into 1-inch pieces

3 medium [Florida potatoes](#), peeled and cut into 1-inch cubes

1/4 cup minced [Florida parsley leaves](#)

### Preparation

In large bowl, toss beef cubes with flour, salt and pepper. Warm 1 tablespoon oil in large, heavy saucepan. Add half of the meat in a single layer without crowding the pan. Brown on all sides, about 5 to 7 minutes. Remove beef and transfer to a bowl. Add 1/4 cup of the broth to pot and stir with a wooden spoon, scraping loose any browned bits on the bottom of the pan. Transfer cooking liquid to bowl with meat. Repeat cooking procedure with another 1 tablespoon oil and remaining meat.

Add remaining 1 tablespoon oil to pot over medium-low heat. Add onion and cook 5 minutes, stirring occasionally. Return reserved beef and juices to the pan. Add remaining broth, tomatoes and thyme. If necessary, add water to cover. Increase heat and bring to a boil. Reduce heat to medium-low, cover and simmer 1 hour.

Add carrots and potatoes to pan. Let simmer, covered, 45 minutes or until beef is very tender and vegetables are cooked through. Add water, if needed, to bring stew to desired consistency. Serve hot with biscuits and garnish with parsley.

### Nutritional Information:

*One serving contains the following: Calories 592; Total Fat 31g; Cholesterol 141mg; Sodium 173mg; Total Carbohydrates 27g; Protein 50g. Good source of Vitamin A.*

## winter WARMERS



### Florida Wine Pairing Suggestions:

#### Country Red

Henscratch Farms  
Vineyard and Winery

#### Southern Red Reserve

Rosa Fiorelli Winery

TIP: Try to buy the leanest cut of beef to make a lighter dish.





Yield 6 Servings

## Sunshine Sweet Potatoes

2 pounds sweet potatoes, peeled and cut into 1-inch cubes

1/3 cup Florida honey

1/4 cup Florida orange juice

1 tablespoon grated Florida orange zest

1 tablespoon grated lemon zest

1/2 teaspoon nutmeg

1/4 teaspoon kosher salt, or to taste

1/8 teaspoon white pepper

## Streusel topping

1 cup all-purpose flour

2/3 cup packed brown sugar

1/4 cup chopped Florida pecans, toasted

1/4 cup margarine, melted

1/2 teaspoon ground cinnamon

### Preparation

Combine the topping ingredients in a small bowl, stirring to form a streusel. Set aside.

Place sweet potatoes in a large saucepan and add enough water to cover. Bring to a boil over high heat. Reduce heat to medium, cover and cook until tender, about 10 minutes. Drain sweet potatoes and cool. Preheat oven to 350°. Transfer sweet potatoes to a large bowl. Using a potato masher or a fork, mash sweet potatoes until smooth. In a small saucepan, combine honey, orange juice, orange zest, lemon zest, nutmeg, salt and pepper. Bring mixture to a boil over medium heat, stirring to melt the honey. Remove from heat. Stir honey mixture into sweet potatoes. Spoon mixture into a 1-quart casserole and smooth down the top. Sprinkle the streusel mixture evenly over the casserole. Bake until heated through, about 20 to 25 minutes.

### Nutritional Information for Sweet Potatoes without Streusel Topping:

One serving contains the following: Calories 242; Total Fat 0g; Cholesterol 0g; Sodium 91mg; Total Carbohydrates 59g; Protein 2g. Good source of Vitamin C.

### Nutritional Information for Streusel Topping:

One serving contains the following: Calories 228; Total Fat 11g; Cholesterol 0mg; Sodium 96mg; Total Carbohydrates 31g; Protein 2g.

## winter WARMERS



Florida Wine  
Pairing Suggestions:

Log Cabin White  
Log Cabin Winery

TIP: Try making this recipe in individual baking dishes to give a more personal touch.





Yield 8 Servings

## Florida Strawberry Tiramisu

- 1 1/2 pounds Florida strawberries
- 1 1/4 cups Florida strawberry preserves
- 1/3 cup plus 4 tablespoons orange liqueur
- 1/3 cup Florida orange juice
- 1 pound Italian mascarpone cheese, room temperature
- 1 1/3 cups chilled heavy whipping cream
- 1/3 cup natural sugar
- 1 teaspoon natural vanilla extract
- 52 each ladyfingers

### Preparation

Whisk preserves, 1/3 cup orange liqueur and orange juice. Place mascarpone cheese and 2 tablespoons orange liqueur in large bowl; fold just to blend. Using a whisk, beat cream, sugar, vanilla and remaining 2 tablespoons orange liqueur in another large bowl to soft peaks. Stir 1/4 of whipped cream mixture into mascarpone mixture to lighten. Fold in remaining whipped cream a small amount at a time.

Slice half of the strawberries. Spread 1/2 cup preserves mixture over the bottom of a 3-quart serving dish or a 13x9x2-inch glass baking dish. Arrange enough ladyfingers over strawberry mixture to cover bottom of dish. Spoon 3/4 cup preserves mixture over ladyfingers, then spread 2 1/2 cups mascarpone mixture on top. Arrange 2 cups sliced strawberries over mascarpone mixture. Repeat layering with remaining lady fingers, preserves mixture and mascarpone mixture. Cover with plastic and chill at least 8 hours or overnight.

Slice remaining strawberries. Arrange over tiramisu and serve.

### Nutritional Information:

*One serving contains the following: Calories 504; Total Fat 36g; Cholesterol 117mg; Sodium 342 mg; Total Carbohydrates 40g; Protein 8g. Good source of Vitamin C.*

winter  
WARMERS



**Florida Wine  
Pairing Suggestions:**  
**Conquistador Tawny Port**  
Three Oaks Winery

TIP: If you can't find lady fingers, pound cake will do nicely. Try adding fresh blueberries for extra color.



## White Wines:

### **"Wild Honey Flower"**

Chautauqua Vineyards and Winery ([www.chautauquawinery.com](http://www.chautauquawinery.com))

Honey complements the crisp acidity of the grape. Perfect with most foods.

**Suggested recipe pairings:** *Florida Wildflower Honey Glazed Carrots (page 35), Curried Florida Squash Bisque (page 45)*

### **"Magnolia"**

Monticello Vineyards and Winery ([www.monticellowinery.com](http://www.monticellowinery.com))

A great white wine to serve with white sauce pastas, cheese, chicken and fish.

**Suggested recipe pairing:** *Avo and Blue Crab Salad (page 25)*

### **"Vintner's White"**

San Sebastian Winery ([www.sansebastianwinery.com](http://www.sansebastianwinery.com))

Slightly sweet with fruity quality. Enjoy with fruits and cheeses.

**Suggested recipe pairing:** *Mucho Mango Bread Pudding (page 41)*

### **"Reserve Stover"**

Lakeridge Winery ([www.lakeridgewinery.com](http://www.lakeridgewinery.com))

A dry white wine with a hint of apple. Pairs well with poultry and cold seafood.

**Suggested recipe pairing:** *Feta, Tomato and Caper Potato Salad (page 7)*

### **"Log Cabin White"**

from Log Cabin Winery (386-467-0000)

This is a sweet wine that pairs well with strong cheeses and tropical fruit.

**Suggested recipe pairing:** *Fruit Wine Sabayon Pound Cake (page 27), Sunshine Sweet Potatoes (page 53)*

### **"Blanc Du Bois Reserve"**

Strong Tower Vineyard and Winery ([www.strongtowervineyard.com](http://www.strongtowervineyard.com))

An award winning elegant white wine, mingling a soft spice with a floral bouquet, finishing semi-dry. Very nice with fish, chicken and lamb dishes, served chilled.

**Suggested recipe pairing:** *Snowy Broccoli and Cauliflower Bake (page 47)*

## Berry and Fruit Wines:

### **"Semi-Dry Blueberry"**

Keel and Curley Winery ([www.keelandcurleywinery.com](http://www.keelandcurleywinery.com))

Made of 100% blueberries. Has a slightly sweet start, smooth berry taste and a dry finish.

**Suggested recipe pairing:** *Florida Grouper and Roasted Vegetables (page 21), Savory Pecan Stuffing (page 33)*



### **“Blueberry Wine”**

Dakotah Winery ([www.dakotahwinery.com](http://www.dakotahwinery.com))

Great as a topping for ice cream or cheesecake.

**Suggested recipe pairing:** Rustic Blueberry Cobbler (page 15)

### **“Mango Mamma”**

Florida Orange Groves and Winery ([www.floridawine.com](http://www.floridawine.com))

Made from fresh squeezed mangoes. A clean and crisp fruit wine.

**Suggested recipe pairing:** Mucho Mango Bread Pudding (page 41)

### **“Eden Stars”**

Eden Winery ([www.edenwinery.com](http://www.edenwinery.com))

Lightly sweet, nice with light meals. A nice tropical alternative to the California Blush.

**Suggested recipe pairing:** Provencal Roasted Florida Tomatoes (page 49)

## Ports:

### **“Sea Breeze Port”**

Sea Breeze Winery ([www.seabreezewinery.com](http://www.seabreezewinery.com))

Smooth and lush with flavors of sun-dried raisins and caramel.

**Suggested recipe pairing:** Rustic Blueberry Cobbler (page 15)

### **“Conquistador Tawny Port”**

Three Oaks Winery (850-535-9463)

A classic port that is perfect for the end of your meal. Excellent with cheese and fruit.

**Suggested recipe pairing:** Florida Strawberry Tiramisu (page 55)

## Red Wines:

### **“Country Red”**

Henscratch Farms Vineyard and Winery ([www.henscratchfarms.com](http://www.henscratchfarms.com))

Sweeter than your typical red wine, suggested to pair with beef and stews.

**Suggested recipe pairing:** Homemade Beef Stew (page 51)

### **“Southern Red Reserve”**

Rosa Fiorelli Winery ([www.fiorelliwinery.com](http://www.fiorelliwinery.com))

Dry, full bodied red wine. Great with steaks, pork and BBQ.

**Suggested recipe pairing:** Homemade Beef Stew (page 51)



# Index

## A

Allspice, 29

Apple Cider, 29

Arugula, 11

Avocado, 25

## B

Basil, 7, 9, 21, 39

Bay Leaf, 31

Beef, 51

Bell Peppers, 19

Bell Peppers, Red, 21, 37

Bell Peppers, Yellow, 21

Berries (all), 27

Blueberries, 15

Bread Crumbs, 13, 33 39, 47, 49

Bread Cubes (cubed bread), 33

Broccoli, 47

Broth, Chicken, 33

Broth, Vegetable, 45, 51

Buttermilk, 45

## C

Cabbage, Red, 37

Capers, 7

Cardamom, 41

Carrots, 13, 21, 31, 35, 51

Cauliflower, 47

Cayenne, 31

Celery, 31, 33

Cheese, Feta, 7

Cheese, Mascarpone, 55

Cheese, Mozzarella, 9

Cheese, Parmesan, 9, 11, 39, 47

Cheese, Romano, 49

Cilantro, 19, 25, 45

Cinnamon Sticks, 5, 29, 35

Cinnamon, Ground, 53

Corn Kernels, 23, 31

Crab Meat, Jumbo Lump, 25

Cucumbers, 37

Cumin, 23, 25

Curry Powder, 45

## E

Eggplant, 9

Eggs, 13, 27, 41, 43

# Index

## G

Garlic, 9, 11, 13, 31, 33, 39, 45, 49

Ginger Ale, 5

Grapefruit Juice, 5, 17

Grouper, 21

## H

Honey, 23, 29, 35, 53

## J

Jalapeño, 19, 23

## L

Ladyfingers, 55

Leeks, 35

Lemon, 11, 15, 21, 35, 37

Lemon Zest, 53

Lime, 19, 23, 25

Lime Zest, 25

## M

Mangoes, 41

Margarine, 53

Marjoram, 31

Mayonnaise, 25

Milk, 15, 17, 41, 43, 47

Mint, 27, 35

## N

Nutmeg, 47, 53

## O

Olives, Black, 7

Onion, 13, 21, 31, 33, 45, 51

Onion, Green, 19, 31, 37

Onion, Red, 23, 25

Onion, Sweet, 7

Orange Juice, 17, 29, 35, 53, 55

Orange Zest, 53

Oregano, 7, 21, 49

## P

Paprika, 47

Parsley, 23, 49, 51

Pecans, 11, 33, 43, 53

Pickles, 37

Potatoes, 7, 31, 51

Potatoes, Sweet, 53

Pound Cake, 27, 41



# Index

## R

Radish, 23, 37

Raisins, Golden, 33

Rosemary, 31, 33, 47

Rum, 41, 43

## S

Sage, 33

Sausage, 33

Shallots, 39

Squash, Yellow, 13, 39, 45

Strawberries, 55

Strawberry Preserves, 55

Sugar, 5, 15, 17, 21, 27, 41, 43

Sugar, Brown, 27, 53

## T

Thyme, 13, 31, 33, 47, 51

Tomato Juice, 21

Tomato Sauce, 9

Tomatoes, 37, 39, 49, 51

Tomatoes, Cherry, 7, 21

## W

Watermelon, 19

Whipping Cream, Heavy, 27, 55

Wine, Fruit, 27

Wine, White, 5, 31

## Z

Zucchini, 13, 21, 39, 45

---

## Credits

**Nelson Mongiovi**, Director,  
Division of Marketing

**Debra May**, Chief,  
Bureau of Development and Information

**Yolanda Roundtree**,  
Development Representative Supervisor

**Chef Justin Timineri**, Executive Chef

**Sterling Tyler**, Marketing Specialist

**Joan Strickland**, Photographer

**Mark Cason**, Art Director/Designer

**Melissa Hunt**, Management Analyst



